

BEYOND THE MASKS

A Journey of Transformation

7 SIGNS

THAT YOU ARE LIVING
BEHIND A MASK

A free booklet for reflection,
healing, and restoration in Christ.



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Beyond the Masks — 7 Signs That You Are Living Behind a Mask

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This free workbook is part of the Beyond the Masks — A Journey of Transformation series and was prepared as an educational, devotional, and pastoral resource for personal and family use, discipleship, small groups, and ministry settings.

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Liberate • Disciple • Educate • Restore • Serve

◆ A word to the reader

Perhaps curiosity brought you to this workbook. Perhaps some part of your life is tired of keeping up appearances. Perhaps you sincerely love God and still realize that there are parts of your story you do not know how to name. Wherever you may be on your journey, these pages were not prepared to accuse you, expose you, or fit you into a label.

They were prepared to offer a safe place for reflection before Christ. Here, you do not need to prove that you are strong, spiritual, balanced, or that you have everything figured out. You can simply come as you are. The gospel begins in exactly that place: when we stop defending an image and allow grace to meet the real person.

Some masks began as protection. At one time, they helped you make it through rejection, criticism, fear, shame, loss, or difficult expectations. Recognizing a mask, therefore, is not a reason to despise your own story. It is an invitation to ask, with tenderness and truth: “Do I still need to live this way?” What once helped you survive may now be keeping you from living in freedom.

Christ does not draw near only to the version of you that functions well in front of others. He knows your whole heart. He knows your sincere love and your contradictions; your gifts and your wounds; your faith and your fears. And precisely because He knows, He can lead a transformation that does not depend on pretending.

Truth to take with you

You do not need to look whole before healing can begin. Christ meets real people in real stories and leads them into real freedom.

Walk slowly. Pray before you answer. Do not write what sounds prettier or more spiritual; write what is true. If a page touches a painful area, do not turn this exercise into another demand. Bring it to God and, when appropriate, seek a mature, safe, and responsible person to walk beside you.

Our desire is simple: that by the end, you will not only recognize some masks, but will see more clearly the face of Christ calling you to truth, grace, and an increasingly whole life before Him.

◆ How to use this workbook

This workbook is an entry point to a deeper journey. It is not meant to label you or quickly fit you into a category. Its purpose is to help you notice when appearances may be protecting you more than grace is sustaining you.

You can read it all at once, but it may be better to move slowly. Work through one sign a day, pray about it, and answer honestly. If anything touches a sensitive area, consider speaking with a mature, safe, spiritually grounded person. Deep healing rarely happens in isolation.

This workbook is not a diagnosis

These signs are paths for spiritual and emotional reflection. They do not replace pastoral counseling, psychotherapy, medical evaluation, or specialized care. If you face severe distress, risk of self-harm, abuse, suicidal thoughts, or loss of control over compulsive behavior, seek immediate help from responsible people and qualified professionals.

◆ Journey outline

- ☐ Biblical introduction — Self-knowledge measured by Christ
- ☐ Sign 1 — Fear of being known
- ☐ Sign 2 — The need to please
- ☐ Sign 3 — Spiritual perfectionism
- ☐ Sign 4 — Constant comparison
- ☐ Sign 5 — The need for control
- ☐ Sign 6 — Emotional escape
- ☐ Sign 7 — Difficulty receiving grace
- ☐ My mask map
- ☐ Continue the journey with Beyond the Masks

◆ Biblical introduction: self-knowledge measured by Christ

Who defines who you are?

Before asking “what is my personality?”, there is a deeper question: before God, who am I—and who am I becoming?

The goal of the journey

“...until we all attain [...] to the measure of the stature of the fullness of Christ.” — Ephesians 4:13

Biblical self-knowledge does not exist to make the self the center of life. It exists to bring the self into the light of Christ. Knowing our patterns, fears, gifts, wounds, and defense mechanisms can be very helpful, but the goal is not merely to understand ourselves. The goal is to grow. And the measure of that growth is not another person, the culture, or an idealized version of ourselves: the measure is Christ.

Three mirrors—and only one center

The first mirror is the opinion of others. Praise, criticism, family expectations, childhood experiences, religious environments, and relationships leave real marks. Sometimes people see something true in us; at other times, they project their own expectations onto us. Human opinion may be heard, but it cannot take the place of a final verdict.

The second mirror is what we think about ourselves. Here too there is important information, but it is not infallible. We may condemn ourselves beyond measure, minimize weaknesses, confuse fear with prudence, control with responsibility, performance with worth, or isolation with strength. Honesty with ourselves is necessary; yet honesty does not automatically turn every perception into truth.

A liberating truth

In 1 Corinthians 4:3–5, Paul refuses to turn either other people’s judgment or his own inner judgment into an absolute court. He points to the Lord, who knows and brings to light what is hidden. The decisive gaze is not the audience’s—or even our inner mirror’s—but God’s.

This journey therefore does not ask only: “What do others think of me?” or “What do I think of myself?” It adds a better question: “Lord, what are You revealing about me, and how do You want to form the character of Christ in me?”

♦ Peter: when certainty about himself meets the gaze of Christ

Peter is one of the most human examples in the Bible because his perception of himself was sincere—but incomplete. On the night before the cross, he believed he knew his own limits. When Jesus spoke about the disciples falling away, Peter said that even if everyone else stumbled, he would not; he also said that he would lay down his life for Jesus. At that moment, Peter believed what he was saying.

But Jesus knew Peter at a depth Peter did not yet know himself. Christ saw his genuine love, his impulsiveness, his self-confidence, and the weakness that would surface under pressure. In Luke 22:31–32, Jesus announces the trial and, at the same time, points to what comes after: “when you have turned again, strengthen your brothers.” The fall would be real, but it would not be the end of the story.

Peter’s contrast

Before the fall, Peter’s language is essentially: “I know what I am capable of.” After the resurrection, before Jesus, his language changes: “Lord, You know all things; You know that I love You” (John 21:17). Peter stops grounding his identity in his certainty about himself and entrusts himself to Christ’s perfect knowledge.

This movement is essential to *Beyond the Masks*. Maturity does not mean developing an ever-higher opinion of ourselves, nor an ever-more negative one. It means becoming increasingly truthful before God. Christ did not affirm Peter’s self-sufficiency, but neither did He define Peter by his worst night. He revealed, corrected, restored, and called him again: “Feed My sheep.”

The mask says, “I must maintain an image.” Shame says, “My failure is who I am.” Pride says, “I know myself, and I know I will not fall.” Grace answers, “Christ knows you completely—and still calls you to follow Him and be transformed.”

The measure is not merely “being better than yesterday” or “being better than someone else.” Christian growth has a face: Jesus Christ. Your strength must learn Christ’s gentleness. Your sensitivity, Christ’s truth. Your responsibility, dependence on Christ. Your courage, Christ’s humility. Self-knowledge is a tool; conformity to Christ is the destination.

❖ Before continuing: let Christ illuminate your heart

Principle to take with you

I do not need to blindly believe what others say about me. Nor do I need to treat everything I think or feel about myself as final truth. I can allow God's Word to examine my story, the Holy Spirit to illuminate my motives, and Christ to become the measure by which I learn who I am being called to be.

Talk with God before you continue

What have I believed about myself only because other people said it?

What certainty about myself may need to be placed under Christ's gaze?

In what area have I measured my worth or growth through comparison instead of looking to Jesus?

Opening prayer

Lord Jesus, I do not want to live imprisoned by people's opinions or by the image I have built of myself. Search me with truth and grace. Show me what I need to see without handing me over to condemnation. Correct what is distorted, heal what is wounded, and form Your character in me. May I not use this workbook to create a new label, but to move toward Your fullness. Amen.

◆ Before the signs: why do we wear masks?

A mask does not necessarily begin as a conscious lie. Often, it begins as protection. Someone was hurt and decided never to show weakness again. Someone was criticized and decided never to make a mistake in public again. Someone was rejected and decided to please everyone so as not to lose love. Someone felt shame and learned to hide the parts of the soul that seemed less acceptable.

Over time, that protection can begin to feel like identity. A person no longer knows where prudence ends and fear begins. They no longer notice when excellence became anxiety, helping became a need for approval, peace became avoidance, strength became hardness, or joy became escape.

The Bible shows that after sin, the first human impulse was to hide. Adam and Eve sewed leaves together, covered themselves, and fled from God's presence. But grace's first movement was to seek: "Where are you?" God did not ask because He needed information. He asked because He was calling His children out of hiding.

Mirror of the soul

Masks promise protection, but they often produce isolation. They hide pain, but they also make love, correction, forgiveness, and healing more difficult.

One area where I tend to hide is:

One thing I fear people may discover about me is:

A question God may be asking me today is:

◆ Sign 1 — Fear of being known

Bible passage

“O LORD, You have searched me and known me.” — Psalm 139:1

The first sign that you may be living behind a mask is the fear of being truly known. Not merely seen from the outside, praised, useful, or admired, but known in what you think, feel, fear, desire, and hide.

This fear can appear subtly. You talk, smile, participate, work, serve, and even speak about God, but keep important parts of your life locked away. Perhaps you fear that if someone knew about your struggles, the way they look at you would change.

The problem is that no one matures deeply while constantly editing their own soul. There is a difference between privacy and hiding. Privacy is healthy. Hiding begins when shame convinces you that being known is too dangerous.

What may lie behind it

Behind this mask is often the question: “If people truly know me, will they still love me?” Christ answers that question not with theory, but with the cross. He knew our true condition and still came to meet us.

☒ **Honesty check-in**

- ☐ I am afraid to share my struggles because I imagine I will be rejected.
- ☐ I tend to show only the part of me that seems acceptable.
- ☐ When someone gets too close, I feel the urge to protect myself.
- ☐ Sometimes I pray with beautiful words but avoid talking with God about what is really happening.

Mission of the Week — One unmasked truth

Choose one small but real truth and bring it first to God in prayer. Then, if it is safe and appropriate, share it with a mature person. Do not begin with the hardest part of your story. Begin with one honest sentence: “I have been struggling with this,” “I need prayer,” or “I am not doing as well as I seem.”

Journey Space – Sign 1

Take your time with this page. The goal is not to give polished answers, but to let truth find words. Write as though you are talking with God, not preparing a presentation.

What did this sign reveal about me?

In what situations does this mask appear most strongly?

What is this mask trying to protect?

What has it kept me from experiencing?

A biblical truth I need to hold on to is:

One small, real step I can practice this week is:

Short prayer

Lord, give me courage to come out of hiding. Teach me to trust that Your love is greater than what I try to conceal. Amen.

◆ Sign 2 – The need to please

Bible passage

“For am I now seeking the favor of men, or of God?” — Galatians 1:10

The second sign appears when people’s approval begins to govern your choices. You may know what you think, feel, or need, but you are afraid of disappointing someone, disagreeing with them, or losing their affection.

The need to please can look like kindness, sensitivity, or a servant’s heart. And in part, it may even grow from genuine gifts. The problem begins when you cannot say “no” without guilt, disagree without fear, or rest without feeling that you are letting someone down.

People who live to please often become experts at reading other people’s moods, but lose touch with their own souls. They know what everyone needs, but no longer know what they themselves are feeling. They know how to serve, but struggle to receive.

What may lie behind it

Behind this mask is often the belief: “If I am not useful, pleasant, or available, I may lose love.” But the gospel announces that in Christ, you are loved before you perform.

☒ **Honesty check-in**

- ☐ I say “yes” when, before God, I should say “no.”
- ☐ I feel guilty when I rest or when I am unable to help.
- ☐ I am afraid of displeasing important people.
- ☐ Sometimes I hide my opinions to avoid conflict.

🌀 **Mission of the Week — A loving no**

This week, practice one small, honest boundary. You might say: “I can’t today,” “I need to think before I answer,” or “I want to help, but not in this way.” Do it respectfully, without aggression or lengthy explanations.

Journey Space – Sign 2

Take your time with this page. The goal is not to give polished answers, but to let truth find words. Write as though you are talking with God, not preparing a presentation.

What did this sign reveal about me?

In what situations does this mask appear most strongly?

What is this mask trying to protect?

What has it kept me from experiencing?

A biblical truth I need to hold on to is:

One small, real step I can practice this week is:

Short prayer

Jesus, free me from the need to purchase love through approval. Teach me to serve out of love, not fear. Amen.

✦ Sign 3 – Spiritual perfectionism

Bible passage

“Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ.” — Romans 5:1

The third sign appears when spiritual life becomes an inner courtroom. A person wants to obey God, but lives crushed by the feeling of never being enough, never praying correctly, never serving well, and never repenting enough.

Spiritual perfectionism is dangerous because it looks like zeal. It may use biblical language, discipline, responsibility, and the pursuit of holiness, while underneath it carries anxiety, condemnation, and fear of disappointing God. The person does not rest in Christ’s righteousness; they try to build peace through their own correctness.

True holiness is not born from self-punishment. It is born from the grace that reaches us, forgives us, lifts us up, and transforms us. When obedience loses touch with love, it becomes a burden. When the conscience is guided by condemnation, even good things can become a prison.

What may lie behind it

Behind this mask is the question: “Does God accept me while He still sees imperfections in me?” The biblical answer is that our peace with God does not come from our flawlessness, but from Christ’s sufficient work.

☒ **Honesty check-in**

- ☐ I have difficulty receiving forgiveness after I confess.
- ☐ I feel I need to punish myself to prove my repentance.
- ☐ I confuse holiness with constant tension.
- ☐ I find it easier to correct mistakes than to rest in grace.

Mission of the Week — Receive before correcting

For seven days, begin your prayers with a declaration of faith: “Christ is my righteousness.” Before listing your failures, receive the gospel. Then confess sincerely, but without destroying your identity. Biblical repentance leads back to Christ, not to despair.

Journey Space — Sign 3

Take your time with this page. The goal is not to give polished answers, but to let truth find words. Write as though you are talking with God, not preparing a presentation.

What did this sign reveal about me?

In what situations does this mask appear most strongly?

What is this mask trying to protect?

What has it kept me from experiencing?

A biblical truth I need to hold on to is:

One small, real step I can practice this week is:

Short prayer

Lord Jesus, forgive my attempt to build peace through my own perfection. Teach me to obey as a beloved child, not as a defendant before a court. Amen.

✦ Sign 4 – Constant comparison

Bible passage

“But let each one examine his own work...” — Galatians 6:4

The fourth sign appears when you measure your life with the ruler of other people’s lives. Comparison may involve appearance, gifts, ministry, intelligence, spirituality, marriage, family, results, influence, or recognition.

Comparison is a mask because it draws us away from the truth of our own story. When we compare ourselves, we almost always make an unfair exchange: we place our inner struggles beside another person’s outward appearance. We see other people’s stage and compare it with our backstage.

This produces two unhealthy paths. Either we feel inferior and discouraged, or we try to feel superior to soothe our insecurity. In both cases, the center remains the wounded ego, not the identity we have received in Christ.

What may lie behind it

Behind comparison is often the question: “Do I still have value if someone is better, more attractive, more recognized, or more spiritual than I am?” Grace answers yes. Your worth does not depend on winning an invisible contest.

☒ **Honesty check-in**

- ☐ I feel sad when I see other people’s achievements.
- ☐ I have difficulty celebrating someone without diminishing myself.
- ☐ I feel I need to prove that I am special too.
- ☐ Social media often leaves me restless, inferior, or irritated.

Mission of the Week — Celebrate without competing

Choose someone whose life normally awakens comparison in you. Pray honestly for that person. Thank God for something good He has placed in them. Then write down three evidences of God’s grace in your own story, without comparing.

Journey Space — Sign 4

Take your time with this page. The goal is not to give polished answers, but to let truth find words. Write as though you are talking with God, not preparing a presentation.

What did this sign reveal about me?

In what situations does this mask appear most strongly?

What is this mask trying to protect?

What has it kept me from experiencing?

A biblical truth I need to hold on to is:

One small, real step I can practice this week is:

Short prayer

Father, heal my competitive way of seeing. Teach me to celebrate grace in others without despising the work You are doing in me. Amen.

◆ Sign 5 – The need for control

Bible passage

“Commit your way to the LORD. Trust also in Him, and He will do it.” — Psalm 37:5

The fifth sign appears when you feel safe only if you can control outcomes, people, environments, schedules, responses, risks, and possibilities. At first, this may look like responsibility. Little by little, however, the soul begins to live in a state of vigilance.

Control can be an attempt to prevent pain. Someone who has suffered chaos, rejection, betrayal, or unpredictability may come to believe that relaxing is dangerous. So they try to anticipate everything, correct everything, organize everything, and ensure that nothing strays from the plan.

The problem is that absolute control is a false promise. It demands too much energy and delivers too little peace. It can also wound relationships, because people begin to feel managed, corrected, or watched instead of loved.

What may lie behind it

Behind this mask is the question: “Can I trust God when I cannot guarantee the outcome?” Faith is not negligence. Faith is faithfulness joined with surrender. We do our part, while recognizing that we are not God.

☑ Honesty check-in

- ☐ I become very anxious when plans change.
- ☐ I have difficulty delegating or trusting.
- ☐ I tend to quickly correct anything that does not turn out as I imagined.
- ☐ I feel that if I relax, everything will fall apart.

🌀 Mission of the Week — Surrender one real area

Choose one area you try to control excessively. Write down what is your responsibility and what belongs to God. Then practice one concrete act of surrender: delegate, wait, do not insist, do not review it for the tenth time, or allow someone to do it another way.

Journey Space — Sign 5

Take your time with this page. The goal is not to give polished answers, but to let truth find words. Write as though you are talking with God, not preparing a presentation.

What did this sign reveal about me?

In what situations does this mask appear most strongly?

What is this mask trying to protect?

What has it kept me from experiencing?

A biblical truth I need to hold on to is:

One small, real step I can practice this week is:

Short prayer

Lord, teach me to be faithful without trying to take Your place. Give me courage to obey, trust, and rest. Amen.

◆ Sign 6 – Emotional escape

Bible passage

“Pour out your heart before Him. God is a refuge for us.” — Psalm 62:8

The sixth sign appears when a person cannot remain present with what they feel. Sadness, boredom, loneliness, anger, guilt, or fear arises, and they immediately look for something to numb it: a phone, food, shopping, shows, work, ministry, humor, fantasy, isolation, or any form of distraction.

Not all rest is escape. Not all entertainment is sin. The problem begins when we use distractions so that we never have to listen to the soul. We flee not only because something is pleasurable, but because silence feels too threatening.

Emotional escape promises quick relief, but often leaves the pain uncared for. The feeling does not disappear; it merely waits for another moment to return. Over time, a person may lose the ability to identify what they truly need: rest, conversation, forgiveness, a boundary, lament, prayer, or help.

What may lie behind it

Behind this mask is the question: “If I stop and feel this, will I be able to bear it?” In Christ, you do not have to pour out your heart alone. God is a refuge, not an impatient inspector of your pain.

☒ **Honesty check-in**

- ☐ I use screens or activities to avoid thinking about what I am feeling.
- ☐ I have difficulty being still.
- ☐ When I am sad or anxious, I look for immediate relief.
- ☐ Sometimes I do not know how to name what I feel.

🌀 **Mission of the Week — Name it before you flee**

When you feel the urge to escape, pause for three minutes and complete the sentence: “Right now, I am feeling...” Then ask: “What does my soul truly need right now?” Only then choose a healthy response.

Journey Space — Sign 6

Take your time with this page. The goal is not to give polished answers, but to let truth find words. Write as though you are talking with God, not preparing a presentation.

What did this sign reveal about me?

In what situations does this mask appear most strongly?

What is this mask trying to protect?

What has it kept me from experiencing?

A biblical truth I need to hold on to is:

One small, real step I can practice this week is:

Short prayer

God, help me not to run from my own soul. Teach me to pour out my heart before You and seek true refuge. Amen.

✦ Sign 7 – Difficulty receiving grace

Bible passage

*“For by grace you have been saved through faith, and that not of yourselves; it is the gift of God.”
— Ephesians 2:8*

The seventh sign may be the deepest: you believe in grace in theory, sing about it, speak about it, and even offer it to others, yet have difficulty receiving it personally.

Some people accept that God forgives others, but when they look at their own story, they feel they must do something more. They must suffer more, promise more, make up for more, get more things right, or prove more. Grace seems too good to be trusted.

This difficulty may grow from guilt, pride, fear, or experiences of conditional love. But the gospel confronts our attempt to pay for what Christ has already paid. Receiving grace does not minimize sin. It recognizes that the cross is sufficient to deal with it.

What may lie behind it

Behind this mask is the question: “Can I be loved without earning it?” The Christian answer stands at the center of the faith: yes, because Christ died for us while we were still sinners. Grace is not a reward for those who have finally fixed themselves; it is the power of God to restore those who surrender.

☑ Honest check-in

- ☐ I have difficulty believing that I have truly been forgiven.
- ☐ When I fail, I feel I need to distance myself from God for a while.
- ☐ I am more merciful toward others than toward myself.
- ☐ The word “grace” comforts me, but it also seems difficult to accept.

🌀 Mission of the Week — Receive it as a gift

Read Ephesians 2:8–10 aloud. Then write a prayer without promising to make up for anything. Simply receive. Say: “Lord, I do not buy Your grace. I receive it by faith.” Repeat this sentence throughout the week whenever guilt tries to bargain with God.

Journey Space – Sign 7

Take your time with this page. The goal is not to give polished answers, but to let truth find words. Write as though you are talking with God, not preparing a presentation.

What did this sign reveal about me?

In what situations does this mask appear most strongly?

What is this mask trying to protect?

What has it kept me from experiencing?

A biblical truth I need to hold on to is:

One small, real step I can practice this week is:

Short prayer

Jesus, teach me to receive what I cannot buy. May Your grace be more than doctrine to me; may it be the ground where my soul learns to rest. Amen.

◆ My mask map

After walking through the seven signs, do not answer in a hurry. The goal is not to leave with a label, but with more light. Perhaps you identified with only one sign. Perhaps you recognized several. Perhaps some touched areas you had never named.

Use this page as an initial map. The map is not the whole territory of your soul, but it can show where God's grace is beginning to illuminate paths that were once hidden.

✎ Which signs spoke to me most?

- ☐ Fear of being known
- ☐ The need to please
- ☐ Spiritual perfectionism
- ☐ Constant comparison
- ☐ The need for control
- ☐ Emotional escape
- ☐ Difficulty receiving grace

The strongest sign in my life seems to be:

This sign is trying to protect me from:

But it has also kept me from experiencing:

The truth of God I need to receive is:

Remember — Recognizing a mask is an opportunity for grace, healing, and restoration in Christ.

◆ A 7-day practice: unmasked before God

For the next seven days, choose a simple time and repeat this practice. It does not need to be long. What matters is that it be genuine.

Day 1 — I come without performing

Pray: “Lord, here I am, without editing my soul before You.”

Day 2 — I name a fear

Write one sentence beginning with: “I am afraid of...”

Day 3 — I confess a way I have been hiding

Tell God where you have been avoiding the truth.

Day 4 — I receive a biblical truth

Choose a verse from this workbook and read it aloud.

Day 5 — I practice one small act of courage

Have a conversation, ask for help, say no, rest, or stop running away for a few minutes.

Day 6 — I give thanks for evidence of grace

Look for one sign that God is at work in you, however small.

Day 7 — I surrender the next step

Ask: “Lord, what is the next step toward truth and freedom?”

◆ Continue the journey

This free workbook was prepared to kindle an initial light. It helps you notice signs of masks, defense patterns, and ways the soul tries to protect itself from pain, rejection, guilt, or the feeling of not being enough. But it was not created to end the journey. It was created to open the door.

If any of these seven signs spoke to you, perhaps God is inviting you to take a deeper next step: not merely recognizing the mask, but understanding where it comes from, how it works, what it tries to protect, and what paths of restoration Christ desires to form in your life.

◆ The next step: the Beyond the Masks test

The Beyond the Masks personality test was not created to place a label on you. It works as an initial map of Christian self-knowledge. Through your answers, you begin to notice which patterns appear most strongly in the way you react, love, protect yourself, control, please, escape, achieve, seek security, or avoid conflict.

The test is not meant to say, “you are only this.” Its purpose is to help you see more clearly: “this is a path my soul learned in order to survive; now Christ wants to teach me to live in freedom.”

◆ What the personal result shows

After the test, your personal result presents the traits that appear most often in your journey. It helps you identify your primary pattern and possible secondary patterns, because many people do not live behind only one mask. Sometimes we carry a combination of defenses, fears, gifts, wounds, and motives.

The personal report shows strengths, protective tendencies, areas of vulnerability, common ways of falling, emotional needs, spiritual challenges, and practical paths of restoration. It does not exist to condemn, but to illuminate. What grace brings to light can begin to be transformed by Christ’s presence.

◆ Zones of the Soul: where am I living today?

One of the most important parts of the result is the Zones of the Soul reading. This section helps you notice whether a particular pattern is being lived in a healthier way, under tension, or out of balance.

Green Zone — when personality gifts are surrendered to Christ and express life in the Spirit, love, humility, truth, and service.

Orange Zone — when warning signs appear: anxiety, rigidity, an excessive need for approval, escape, control, comparison, isolation, or defensiveness.

Red Zone — when the mask takes command and the person begins to live more reactively, trapped by fear, the flesh, self-protection, guilt, or disconnection from God and others.

This reading matters because personality is not only a problem. Every type has real gifts. The question is: are those gifts being led by the Spirit or hijacked by fear?

◆ **Action Buttons: practical steps out of the mask**

The report and the workbooks in the collection also use Action Buttons. These are simple, biblical, and concrete practices that help you respond differently in the moments when your mask usually takes control.

These buttons may involve pausing before reacting, receiving forgiveness before punishing yourself, speaking the truth in love, asking for help, resting without guilt, practicing gratitude, setting boundaries, challenging thoughts, confessing without despair, or choosing presence instead of escape. Each Action Button turns the content into daily practice.

◆ **30-day plan: transformation through small steps**

In addition to the profile explanation, the full journey includes a 30-Day Plan. This plan does not exist to create a new law of performance. It exists to help you walk consistently, one day at a time, applying biblical truths, small missions, reflections, and restoration exercises.

The plan helps a person move from theory into practical discipleship: observing patterns, praying honestly, naming motives, practicing new behaviors, reviewing failures with hope, and continuing to grow without turning the journey into spiritual perfectionism.

◆ **Personality manual and workbook**

The Beyond the Masks collection also serves as a guide to understanding personalities. Each workbook explores a specific type in depth, explaining its motives, fears, gifts, wounds, spiritual distortions, ways of relating, zones of health, and paths of redemption in Christ.

For this reason, the material is more than a test. It is a complete journey: the test helps identify patterns; the personal result helps interpret your story; the manual explains personalities in depth; and the workbook guides you through exercises, questions, prayers, Action Buttons, and a practical transformation plan.

◆ **The 9 paths explored in the collection**

Type 1 — The Perfectionist: when the desire to do what is right becomes a burden on the soul.

Type 2 — The Helper: when loving others becomes entangled with the fear of not being loved.

Type 3 — The Achiever: when personal worth becomes tied to performance.

Type 4 — The Individualist: when the search for meaning becomes entangled with identity wounds.

Type 5 — The Investigator: when understanding feels safer than becoming involved.

Type 6 — The Loyalist: when the search for security feeds anxiety and suspicion.

Type 7 — The Enthusiast: when escaping pain prevents depth and perseverance.

Type 8 — The Challenger: when strength, control, and protection conceal vulnerability.

Type 9 — The Peacemaker: when keeping the peace becomes self-forgetfulness.

Suggested next step

Take the Beyond the Masks test and read your result with prayer, humility, and hope. Then choose the workbook that corresponds to your primary result. If another type also appears strongly, it may point to an important secondary mask in your journey.

Most importantly, do not use the test to bind yourself to a fixed identity, but to begin a path of transformation. In Christ, your patterns can be understood, your wounds can be cared for, your gifts can be purified, and your story can continue to be restored.

Beyond the Masks — A Journey of Transformation

Discover your patterns, motives, wounds, zones of the soul, and practical paths of restoration in Christ.

Look for the test, the personal report, and the workbooks in the complete collection.

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Closing prayer

Lord Jesus, thank You because Your grace calls me out of hiding. I confess that I have often tried to protect my soul through masks. I tried to appear strong, correct, useful, pleasant, calm, secure, or sufficient, when in truth there was fear, shame, guilt, comparison, control, or pain within me.

Today I ask You to lead me on a journey of truth. Show me what I need to see, heal what needs to be restored, and teach me to live before You without pretending. May my identity not be built on performance, approval, control, or appearances, but on Christ and His righteousness.

Give me courage to ask for help when needed, humility to acknowledge my struggles, faith to receive forgiveness, and perseverance to keep growing. May my life not be a religious mask, but a living testimony to Your transforming grace. In Jesus' name, amen.

Declaration to take with you

I do not need to hide from God.

I am not defined by my mask.

I can be known, loved, forgiven, and transformed in Christ.

My story is not over.



BEYOND THE MASKS

A Journey of Transformation



Personality Test

✦ Self-discovery, truth, and growth in Christ ✦



What you receive:



A detailed personalized report



A general personality guide



The workbook for your profile



Practical biblical guidance



Why it matters:



Understand your motivations, strengths, and weaknesses.



Recognize emotional patterns and areas of restoration.



Strengthen relationships and decision-making.



Grow in truth, balance, and freedom in Christ.

✦ Take the full test ✦

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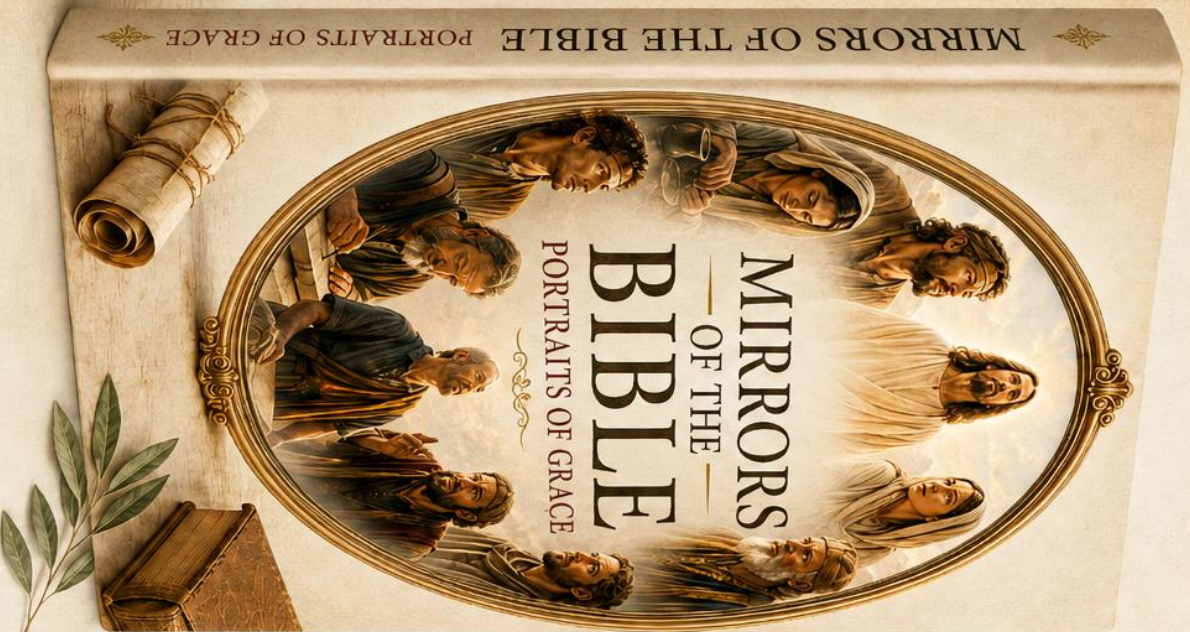


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MIRRORS — OF THE — BIBLE PORTRAITS OF GRACE

A book for those who desire to understand people more deeply, discern the work of grace, and see God's transformation in real life.

In Mirrors of the Bible — Portraits of Grace, ordinary lives become windows into divine grace. As the reader contemplates biblical characters in their struggles, wounds, choices, and processes of transformation, he or she is led to perceive that God does not merely write great stories — He first restores the human heart.

More than an inspiring read, this book offers a profound reflection on personality, spiritual maturity, relationships, identity, and Christian service. Each portrait reveals how God's grace works in concrete ways, redeems frailty, and transforms real people into living testimonies of His love.

WHY IS THIS BOOK SPECIAL?

- Unites self-knowledge and biblical truth
- Deepens discipleship, groups, and pastoral conversations
- Helps recognize soul patterns and processes of healing
- Reveals God's grace in the story of ordinary people



BEFORE GOD WRITES GREAT STORIES,
HE TRANSFORMS ORDINARY PEOPLE.



DISCOVER HOW THE GRACE OF GOD
CAN ILLUMINATE THE STORY OF BIBLICAL
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A book to
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and lead to
hope*



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*God transforms
stories and writes
new beginnings.*